

WATER ACTIVITIES

When you were a child, remember the enjoyment you got out of being in water? Activities like splashing in the tub, running into the crashing waves at the beach and playing in the pool were all fun events. You can return to that enjoyment, and receive an effective workout through today's water fitness classes. One of the most popular means of exercise is water activity, mainly in the form of water walking, aerobics, and swimming.

Water exercise, ideal for all ages and fitness levels, is not a fad. In fact, the positive effects of warm water go back to the time of the Roman Baths. Water is not only useful in rehabilitation; buoyancy and continued resistance provide a vigorous workout - without the jarring impact on joints.

Some suggestions before you start:

Consult your doctor, and the instructor, before you start. Choose the class appropriate for your fitness level. Classes range from the less advanced shallow water aerobics, to a more advanced step aerobic, all the way up to deep water treading classes. Water fitness classes are excellent for injury rehabilitation and for participants with disabilities, be sure to let the instructor know if you have a special situation. Many classes are geared for a general audience and participants keep their own pace. Let the instructor know if it's your first class.

Be sure your instructor is certified.

A few certifications to look for: U.S. Water Fitness Association (USWFA), YMCA of the USA, and Aquatic Exercise Association (AEA).

Wear proper attire. Water shoes (rubber-soled slip-ons that adhere to concrete and other slippery, rough surfaces) are recommended. Canvas sneakers or old aerobic shoes can do the job as well. Outdoor classes may require the use of sunscreen along with caps, visors and protective T-shirts.

Be sure to bring your water bottle.

Although you are in water, thirst will become a factor during your routine.

You don't have to get your hair wet

or know how to swim either; non-swimmers can do a shallow-water workout.

Ask about water temperature, which ideally ranges between 82-86 degrees Fahrenheit (28-30 degrees Celsius).

CLASS INFORMATION

Class fees vary; you may be eligible for a trial guest pass, seniors discount or non-prime-time membership.

Virtually any facility with a pool may offer fitness classes. Here are some locations locally you could contact:

Alta Canyon Sports Center	9565 S. Highland Dr., Sandy	942-2582
Bountiful City	785 S. 100 E., Bountiful	298-6224 & 298-6220
Central	615 S. 300 E.	538-2062
Cottonwood Hts. Rec. Ctr.	7500 S. 2700 E.	943-3190
Crest wood Pool	1700 E. Siesta Dr.	942-4014
Fairmont Park	2245 S. McClelland	272-2243
Granger High Pool	3690 S. 3600 W.	964-7613
Granite High Pool	3305 S. 500 E.	481-7159
Hunter High Pool	4200 S. 5600 W.	964-7962
Jordan	1000 S. 900 W.	569-0072
Liberty Park	500 E. 900 S.	538-2062
Magna	3250 S. 8400 W., Magna	250-0241 & 250-2194
Marv Jensen Indoor Pool	10300 S. Redwood Rd., S. Jordan	253-4404
Murray City	5109 S. Murray Park Ln.	266-9321
Northwest Indoor	1300 W. 300 N.	569-0072
Olympus High Pool	4055 S. 2300 E.	273-2009
Oquirrh Park Fitness Center	6024 S. 4800 W., Kearns	968-3844
Raging Waters	1200 W. 1700 S.	972-3300
Red wood	3100 S. Redwood Rd., WVC	974-6923 & 974-6930
Skyline High Pool	3251 E. 3760 S.	273-2091
South County	12765 S. 1125 W., Riverton	254-7960 & 561-0075
Steiner Aquatic Center	645 S. Guardsman Way	583-9713
Steiner Aquatic Center	855 W. California Ave.	974-2420
Taylorville High Pool	5225 S. Redwood Rd.	263-6152
West Jordan	8125 S. 2200 W.	566-5200

Water classes look deceptively easy, but they'll definitely give you a vigorous workout. And if they also look like fun, it's because they really are! Go ahead - take the plunge!

WATER FITNESS

If you are used to exercising on land, try cross training by adding water fitness (in the form of walking, jogging, or swimming) to your workout schedule. Recent research has shown it provides three of the benefits exercisers most want: a significant cardiovascular workout, help

even more difficult in the dynamic environment of water.

- Research indicates that water temperature has a decided effect on heart rate and oxygen consumption. Exercising in warm water (30-35 degrees C/86-95 degrees

The good news is that studies have shown convincingly that for decreasing body fat, rhythmic vertical water exercise is comparable to land-based programs. Recent research (Hoeger et al. 1993; Sanders 1993; and Knect 1992) reported significant (up to 2.31%) decrease in body fat when exercisers participated in shallow or deep- water programs.

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in losing body fat, and gain in strength.

The Heart Rate Debate

Researchers have found that using heart rate to measure exercise intensity in the water may not be appropriate, at least if target heart rates for land are applied. This is true for two reasons:

- Accurately counting heart rate has proven difficult on land, and it becomes

F) produces heart rates similar to those achieved by land exercisers, but exercising in cooler water lowers heart rates.

Bye-Bye, Fat. Hello, Muscle!

As a result of a few highly publicized studies that reported either no fat loss or an increase in body fat with swimmers, many people have incorrectly assumed that vertical water exercise is not an effective way to decrease body fat.

Several studies (Hoeger et al. 1993; Sanders 1993; Miss 1988; Ruoti et al. 1994; and Baretta 1993) have also indicated significant increases in exercisers' muscular strength and endurance. Of particular interest is the increase in abdominal strength Sanders reported, because the program did not utilize any abdominal "crunch" exercises. Improvements were attributed to vertical, dynamic postural alignment techniques using water's surrounding resistance.

Given the fun, effective water fitness can provide, what are you waiting for? Come on in and get wet!